

# KSCBulletin

## http://kscbulletin.ksc.nasa.gov

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## DEADLINE FOR OFFICIAL/UNOFFICIAL/PERSONAL NOTICES IS TUESDAY, 9:00 am

# **OFFICIAL**

FLAGS AT HALF STAFF: On February 28, 2006, a flag of the United States, which had flown over the Kennedy Space Center during the career of Robert L. Roper, Manager of Mission Support, Boeing Payload Services CAPPS, was presented to his next of kin. This presentation was made by Boeing management as a token of gratitude for his service to the National Aeronautics and Space Administration. Mr. Roper died on February 26 and his memorial service was on February 28. (TA-G)

**REPORTING EMERGENCIES:** To report any emergency on KSC, whether it is fire, security, or medical related, (including possible hazardous commodity exposure); dial 9-1-1 or 867-7911 from a cell phone. For walk-in type first-aid treatment, the Occupational Health Facility is open Monday - Friday from 7:00 am to 5:00 pm, and the Launch Area Clinic is open Monday-Friday 7:00 am to 3:00 pm. Hours other than those, call 9-1-1 for emergencies and/or first aid type treatment. **After normal working hours, the non-emergency medical related assistance will be coordinated through the 9-1-1 operators.** (TA-G)

**EMPLOYEE ASSISTANCE PROGRAM:** All employees are reminded that the Employee Assistance Program offers free, confidential counseling to all Kennedy Space Center and Cape Canaveral Air Force Station employees. Appointments are necessary to ensure adequate time. This program is available Monday through Friday, 7:30 am. to 4:00 pm. Appointments may be made by calling 867-7398. (TA-C2)

MASSAGE THERAPY: Massage Therapy available Tuesday-Friday10:00 am-4:00 pm, room 1023, O&C Building. To schedule an appointment contact Valerie, (L.M.T. #19362) at 867-4762 or **JaramVS@kscems.ksc.nasa.gov.** \$1.00 per minute/packages available. Gift certificates also available. (TA-C2)

## **KSC/CCAFS HEALTH EDUCATION & WELLNESS PROGRAM (HEWP)**

http://hewp.ksc.nasa.gov

MARCH 2006 (MENTAL HEALTH MONTH) ANXIETY DISORDERS: Anxiety is a normal reaction to stress however when anxiety becomes an excessive, irrational dread of everyday situations, it has become a disabling disorder. Anxiety disorders are serious medical illnesses that affect approximately 19 million American adults. These disorders can fill people's lives with overwhelming anxiety and fear. This year's mental health month packet is on anxiety disorders including resources as to where to get help.

Hardcopies of the anxiety disorders packet is available at all medical and fitness facilities. If you or your department/organization would like to be added to the monthly packet hardcopy distribution list, please call Kris Calderon at 867-3414.

## **HEALTH EDUCATION INFORMATION TABLE:**

The monthly health education table will be set up in the MFF Cafeteria (next to VAB) on March 9th from 11:00 am to 1:00 pm where HEWP staff will distribute anxiety disorder and stress management information and the women's health topic, mental health for women.

**NUTRITION EDUCATION FOR WORKERS AT THE SPACEPORT (N.E.W.S.) PROGRAM:** The N.E.W.S. program was created to educate workers at the spaceport about nutrition. The program includes a comprehensive website with an e-mail mechanism to ask nutrition questions, monthly lectures, and special events. Check out the current NEWS website at <a href="http://hewp.ksc.nasa.gov/Content/NEWS/NEWS.htm">http://hewp.ksc.nasa.gov/Content/NEWS/NEWS.htm</a>

\*SPECIAL EVENT\* TAKE THE 5-A-DAY CHALLENGE MARCH 13-APRIL 21: The HEWP in conjunction with Lackmann Food Services is challenging the spaceport to eat at least 5 servings of fruits and vegetables a day. To take the challenge, pick up a challenge sheet at any cafeteria, fitness center, health clinic, or e-mail hewp@jbosc.ksc.nasa.gov (to be e-mailed a sheet); fill it out according to how many fruits and/or vegetables you ate each day and turn it in for a prize drawing. You must eat at least 5 servings of fruits and/or vegetables a day for a week to submit a challenge sheet! A prize will be awarded every two weeks of the challenge (for a total of 3 prizes) from the sheets submitted during that 2-week period. Sheets can be dropped off at any location where they are available or can be mailed to HEWP, CHS-005. Prizes include a free massage, free dietary analysis session, and free body composition/physical assessment and personal training session each from our occupational health services here at KSC. Take the challenge – eat 5 a day!



<u>FUEL 4 WOMEN NEWSLETTER:</u> This month's Fuel 4 Women newsletter is on mental health for women. The newsletter will be available at all spaceport clinics and fitness centers and will be distributed at this month's Health Education Information Table.

WALKING GROUPS: Come walk with us and get in your physical activity! More days, times and/or locations will be added as requested/needed.

Tuesdays -12:00-12:30- O&C trail Thursdays- 12:00-12:30- O&C trail

Fuel 4 Women List Serve: All women at the spaceport can join the Fuel 4 Women list serve where monthly newsletters and program announcements will be e-mailed to list serve members each month.

Please contact Jessica Crews, Health Education Intern at Jessica.Crews@jbosc.ksc.nasa.gov for more information about or ideas for Fuel 4 Women and to join the list serve.

## 2006 CARDIOVASCULAR DISEASE (CVD) SCREENING SCHEDULE:

DATE	PLACE	TIME
Wednesday, March 15th	OHF	7:00-9:00 am (2 hrs)
Wednesday, April 12th	OHF	7:00-8:00 am
Thursday, April 13th	LAC (MFF)	7:00-8:00 am
Wednesday, May 17th	OHF	7:00-9:00 am (2 hrs)
Wednesday, June 14th	OHF	7:00-8:00 am
Thursday, June 15th	LAC (MFF)	7:00-8:00 am
Wednesday, July, 12th	OHF	7:00-9:00 am (2 hrs)
Wednesday, August, 16th	OHF	7:00-8:00 am
Thursday, August 17th	LAC (MFF)	7:00-8:00 am
Wednesday, September, 13th	OHF	7:00-9:00 am (2 hrs)
Wednesday, October, 11th	OHF	7:00-8:00 am
Thursday, October 12th	LAC (MFF)	7:00-8:00 am
Wednesday, November, 15th	OHF	7:00-9:00 am (2 hrs)
Wednesday, December, 6th	OHF	7:00-8:00 am
Thursday, December 7th	LAC (MFF)	7:00-8:00 am

OHF - Occupational Health Facility (M6-495, Industrial Area @ KSC) LAC (MFF) - KSC Launch Area Clinic (Multi-Functional Facility @ KSC)

The 2-page CVD questionnaire can be picked up at any medical facility. The questionnaire can also be downloaded from the SGS home page/forms: http://kscboc-forms/KSCForms2/ref/KSC28-1010.itr. This form can be filled out on-line and then printed. Please print each page separately. You must fast for 12 hours prior to coming to the screening (nothing but water).

**STRESS MANAGEMENT WORKSHOP:** Any employee group can request delivery (at any time of the year, during the workday) of a newly developed, interactive workshop designed to teach employees how to handle stress at their workplace and in their lives. The workshop can be condensed to 30 minutes or extended to more than an hour for optimizing coping and relaxation skills.

Kris Calderon, PhD, CHES, BCIAC, KSC/CCAFS Health Education Administrator will be offering this workshop. Kris is certified in biofeedback and has used relaxation training for stress management in her teaching, service, and research. If interested, please contact her at 867-3414 or e-mail at **Kristine.Calderon@jbosc.ksc.nasa.gov** for more information. The workshop can be delivered in any worksite setting.

VISION SCREENING SCHEDULE: No appointment is necessary. Visit the OHF during this time and ask for a vision screening.

Tuesday March 14 11:00 am -1:00 pm Tuesday March 28 11:00 am -1:00 pm

**COLORECTAL CANCER SCREENING:** Small amounts of blood in your stool, which can be detected with hemoccult slides, can be an indication of colorectal cancer. Hemoccult slides and <u>instructions</u> are available at all medical facilities during hours of operation.

WORKSITE LECTURES: Work-site lectures on any health subject and requests for health information or counseling are available upon request to Kris Calderon, phone: 867-3414, e-mail: Kristine.Calderon@jbosc.ksc.nasa.gov. (TA-C2)

KSC LIBRARY NEW BOOKS: The following new books are available for loan from the KSC Library. If you need any information, please call 867-3600, visit the Library in HQ, Room 1301, or e-mail to KSCLibrary@ibosc.ksc.nasa.gov

To search the Library's on-line catalog go to: http://nasagalaxie.larc.nasa.gov/

Crystal Reports 10, #778230 Federal Personnel Guide 2006, #777836 Field Guide for Science Writers, #777893 Fundamentals of Space Systems, #777885 Hydrogen & Fuel Cells: A Comprehensive Guide, #778255

One Hundred Stores About Docking, #777901

Performance of Protective Clothing: Issues & Priorities for the 21st Century, #778289 Performance of Protective Clothing: Global Needs & Emerging Markets, #778297

Return to the Moon, #777851 Rocket Company, #777877

Space Technology & Applications International Forum - STAIF 2005, #778206

Water and the Search for Life on Mars, #778271 (TA-E1)

**AUTHENTICATED** 

Janet A. Mayers\_Center Services (TA-E1)

PRACTICE ESCAPE ROUTES PRIOR TO A FIRE.

Janet a. Mayers



## UNOFFICIAL

## CAFETERIA: VISIT OUR WEBSITE TO VIEW MENU CHANGES. EACH CAFETERIA IS DIFFERENT. HTTP://CAFETERIA.KSC.NASA.GOV/

LOGISTICS SCHOLARSHIP: The Space Coast Chapter of the Society of Logistics Engineers is offering a \$2000 scholarship towards a degree at Brevard Community College. Deadline for applications is May 5, 2006. For more information contact Leman Booher, Vice- Chair Education at 727-3672, Ex 3193 (after 5:00 pm, 373-4651) or Jan Hall, SOLE Chairman, 537-1582/452-0530.

TRAIN FOR SPACE EXPLORATION THIS SPRING AT CAMP KENNEDY SPACE CENTER CAMP: Camp Kennedy Space Center (KSC) offers children entering 2nd through 9th grade an out-of-this-world experience to explore space as never before this spring. The spring session is scheduled for March 27-31. Summer Camp sessions are available June 5 through August 11.

Regular tuition is \$280 per child per session. There is a 10% discount for badged employees and contractors of Kennedy Space Center, Cape Canaveral Air Force Station, Patrick Air Force Base, and retired KSC personnel.

Camp KSC is based at the Astronaut Hall of Fame. Spring camp hours are from 9:00 am to 4:30 pm with extended early drop-off and late pick-up hours available free for badged employees.

Campers receive a complimentary Kennedy Space Center Visitor Complex 12-Month Pass, lunches and afternoon snacks, Official Camp KSC t-shirt, four complimentary admission tickets to the Astronaut Hall of Fame, Camp KSC graduation ceremony and certificate of completion.

For more information and registration details, call 31-449-4444 or visit www.KennedySpaceCenter.com <a href="http://.kennedyspacecenter.com">http://.kennedyspacecenter.com</a>

SHUTTLE ASTRONAUT MIKE MULLANE TO APPEAR AT KSC VISITOR COMPLEX FOR BOOK SIGNING: Astronaut Mike Mullane will appear at Kennedy Space Center Visitor Complex to sign copies of his new book, "Riding Rockets: The Outrageous Tales of a Space Shuttle Astronaut," on Saturday, March 4 and Sunday, March 5, 2006. The signings will take place Saturday at 5:00 pm and Sunday at 1:30 pm, 3:15 pm and 5:15 pm. Mullane was selected by NASA in 1978 in the first group of shuttle astronauts. A veteran of three space flights, he has logged a total of 356 hours

## SHUTTLE ASTRONAUT MIKE MULLANE TO APPEAR AT KSC VISITOR COMPLEX FOR BOOK SIGNING: (Continued)

in space. Mullane was a mission specialist on the crew of STS-41D, STS-27, and STS-36. Present your KSC or CCAFS badge at the will-call ticket window to receive a limited admission ticket to attend the book signing. You must present your badge at the time of admission. "Riding Rockets" will be available for purchase at Kennedy Space Center Visitor Complex. For more information, call 321-449-4400 or visit **www.kennedyspacecenter.com.** 

FREE BEGINNING BIRD WATCHING TOURS MARCH 2006: Take a driving tour around Merritt Island National Wildlife Refuge with a trained U.S. Fish and Wildlife Service volunteer to learn how to identify the many birds that frequent the refuge. There is one tour that leaves at 9:00 am on the scheduled dates from the Refuge Visitor Center and lasts for approximately three to four hours. Please contact Nancy Corona at 321-861-0668 or by email at Nancy\_Corona@fws.gov to make reservations. Suggested items to bring include binoculars, camera, field guides, water and a snack. Loaner binoculars are available.

Tour Dates:

Thursdays: March 9, 16, 23, & 30 Saturdays: March 4 & 11 Sundays: March 5, 12, 19 & 26



The Visitor Center is located on SR 402. 5 miles east of U.S. 1 in Titusville.

BEGINNER LATIN/SALSA DANCE LESSONS: Beginner Latin/Salsa dance lessons will be offered starting Tuesday, March 7, 2006, at KARS 1 and will run for four weeks. Come and learn Bolero Rumba, Merengue, Cha Cha, Salsa & Mambo. The instructor, John Gregory, is an accomplished dancer and choreographer. John was formerly the Florida State Dance Director of the Dance Educators of America and also worked as a dance choreographer with a pilot movie company. Classes will be held from 7:00 - 8:30 pm and the cost is \$60 per person. The class is limited to 20 students. Must have a KARS card. Please contact Joy at 861-7675.

BEGINNER BALLROOM DANCE LESSONS: Beginner ballroom dance lessons will be offered starting Tuesday, March 7, 2006, at KARS 1 and will run for four weeks. Come and learn Swing, Fox Trot, Waltz, Rumba, Social Night Club Slow Dancing & Tango. The instructor, John Gregory, is an accomplished dancer and choreographer. John was formerly the Florida State Dance Director of the Dance Educators of America and also worked as a dance choreographer with a pilot movie company. Classes will be held from 5:15 - 6:45 pm and the cost is \$60 per person. The class is limited to 20 students. Must have a KARS card. Please contact Joy at 861-7675.

NASA EXCHANGE: New merchandise arriving daily. Exchange stores are open Monday through Friday. HQ 7:00 am-4:30 pm, OSB 7:00 am-5:15 pm, O&C 8:00 am-4:00 pm and SSPF 8:00 am-4:00 pm. Visit our web page at http://nasaexchange.ksc.nasa.gov for more information.

KSC EXCHANGE – HAIR SHOPS: Our shops offer a full line of services for men and women. This includes regular haircuts, perms, frosts, beard trims, razor cuts, shampoos and colors! Visit us in the HQ building, room 1251 (7-7077), and see Sharon or Janet from 8:00 am until 3:30 pm. In the OSB building, room 1118 (1-3026) come in and see Fred or Rocky from 8:00 am until 4:00 pm. Call for an appointment but walk-ins are welcome!

KSC EXCHANGE – CITGO GAS STATION: This week's specials are: tire rotation, cars are only \$15 and vans and trucks are \$20. Balancing is extra; brakes, front brakes for \$94.95 and that includes semi-metallic pads and turn rotors. Rear drum brakes are \$84.95 and rear disc brakes are \$114.95. These prices are for most vehicles. Call 453-1254 for an appointment or more information. Pay at the pump is open 24 hours -- Gasoline, Bio-diesel and E85 Ethanol are available. CITGO and most major credit cards accepted. For information, call 453-1254.

KENNEDY SPACE CENTER FEDERAL CREDIT UNION REPOS: Repos located at the Merritt Island office. *ALL REPOS 4.99% APR.* 2006 Toyota Camry LE, 4-door, A/T, \$22,550; 1999 GMC Suburban Utility C-1500, \$8,325, call 455-9400, extension 1122. See pictures at **www.kscfcu.org** 

UNIVERSITY OF MIAMI (Cape Canaveral Programs): The University of Miami will begin accepting applications for the Master of Science in Industrial Engineering (MSIE) starting May 2006 and the Master of Science in Management of Technology (MSMOT) starting June 2006. Both programs will be taught in Cape Canaveral. Courses are held Friday evenings and Saturdays to accommodate working professionals. For more information and to receive an application/brochure, please call Mr. Augusto Roca, Program Administrator at 1-305-284-4100 or send email to augusto@miami.edu.



## PERSONALS

## **CARPOOL**

Carpool: Orlando's Hunter's Creek/CCAFS' Hangar S, flex work time, 7:00 am-5:00 pm, call if you work either at NASA's or CCAF areas, 407-970-1361.

#### GARAGE SALE

Garage Sale: 3/4, 8:00 am-1:00 pm, bedroom suite, Palm Casual, 100 Sunset Drive, Cocoa Beach, 783-9360.

Yard Sale: 3/4-5, 8:00 am-5:00 pm, furniture, fish tanks, bird cages, clothes, crafts, 6450 Banks Avenue, Port St. John, 639-7022.

#### **REAL ESTATE FOR SALE**

House: 3bd/2ba, new, Malabar golf course in Bimini Bay, \$275,000, Frank, 452-1816.

House: 3bd/2ba/1cg, quiet cul-de-sac next to BCC Cocoa Campus, 1372sf + 450 sf garage w/air, see at: http://tinyurl.com/gwp3g, \$203,000, 638-2056.

House: Waterfront Merritt Island, Steve, 449-9366.

House: 3bd/2ba/2cg, new A/C, refrigerator, privacy fence, sprinklers, gazebo, pond, boat/RV parking, Newfound Harbor Drive, Merritt Island, \$239,900, 321-427-4345.

House: 3bd/2ba/1cg, 1096sf, Merritt Island, \$178,000, 321-799-6282.

House: 4bd/3ba/3cg, 3000sf, water view, built June 2005, Kenmure Subdivision, near Redbug & Tuskawilla Rds, Oviedo, www.ucf.cc, \$552,000, 407-657-9895.

House: 3bd/2ba, 1999, 1640sf, 25 corner lot, fenced yard, new carpet, tile, wood, near school, Port St John, \$269,000, Jessica, 321-302-6868.

House: 3bd/2ba/2cg, patio, built in 2000, 1390sf, many upgrades, bay window, tile, carpet, lighting, landscaping, Port St. John, \$205,000, Andy, 321-459-1255.

House: 4bd/2.5ba/2cg, 2268sf, 1.16 acres, screened in solar heated pool w/waterfall, 2 story, Titusville, \$444,900, 267-3225.

Condo: Never been lived in, Puerto Del Rio, Cape Canaveral, \$360,000, 773-3927.

Condo: 2bd/2ba, fireplace, pool, appliances, end unit, 1023sf, pets OK, near Merritt Island Mall, \$171,900, Phil, 784-3600.

Condo: 2bd/2ba/1cg, pool, nice carpet, all appliances, Diana Shores, Merritt Island, \$189,900, Bill/Deb, 504-9641.

Condo: 2bd/2ba, renovated, ground floor unit, on 9.5 acres, pool, exercise room w/equipment, call for photos, Melbourne, \$133,900, 321-298-6609.

Condo: 2bd/2ba, rented thru Oct 2006 and must honor lease, good investment, West Melbourne, Thendricksen@cfl.rr.com, \$155,000, Tom, 242-7723.

Condo: 3bd/3ba, 2 story Pent House, Kennedy Point, Titusville, \$389,000, 383-1110

TownHouse: 2bd/2.5ba/1cg, 1400sf, 1 block off ocean, master balcony overlooking heated pool, like new, Cocoa Beach, \$275,000/firm, 750-2888.

TownHouse: 3bd/2.5ba, Waterford Lakes, Orlando, 407-275-2252.

Timeshare: Sleeps 6, pool, tennis court, game room, floating week, Daytona Beach Shores, \$9500, 264-9698.

Manufactured Home: 3bd/2ba, new carpet/paint/cabinets/siding/roof, completely remodeled, \$119,000, 321-593-2952.

Acreage: 2.5 & 5 acre lots Mims; 1-1/2 acre waterfront w/mobile home & shed, Gainesville area, mimsproperty.com, 269-3086/537-1181.

Acreage: 2.5+ acres, flag lot, nice area on Carter Road, 4111 Hampton Lane, Mims, \$169,900, 636-4145.

## **AUTOMOBILES AND RV'S FOR SALE**

1970 Ford Mach 1, 351 Cleveland, 4B, 300hp, Shaker hood, A/C, new radiator/Holley 600/tires/brakes, pointless ignition, \$16,000, 269-1465.

1985 Cadillac Seville, runs good, needs body work, P/S, P/B, A/C, C/C, V8, \$3500/BO, 321-960-9420.

1986 Mercedes Benz 420 SEL, \$2900, 631-8740/446-5386.

1987 Jeep Wrangler, lift kit, new tires, green, 86K miles, \$6000, 784-6193.

1988 Ford Ranger, 4-wheel drive, lifted, 35" swampers, \$2800/BO, 482-5490.

1988 Honda Accord, 4cyl, 5-speed, cold A/C, full power, runs great, reliable, \$950, 269-5406.

1989 Toyota Corolla, needs transmission; 1990 Corolla, needs motor, \$300/both; 1986 Mazda B-2000 extended cab, for parts, \$150, 321-243-6920.

1989 Bounder RV, 27', 98K miles, Chevy 454, 4kw Onan generator, awnings, exceptionally clean, non smoking, \$9000, 480-3534.

1989 Mustang, 4cyl, good condition, power everything, \$1500/BO, Erica, 321-536-6665.

1990 Jeep Cherokee, 4-door, A/T, 4.0L, loaded, red w/tan interior, runs excellent, 126K miles, well maintained, \$1800/BO, 783-6468.

1990 GMC Sierra pickup, extended cab topper, loaded, cold A/C, new tires, \$2500, 453-2039.

1990 Toyota Camry LE, loaded, body in good condition, needs engine work, new tires, \$400/BO, 268-8035.

1991 Chevy Astrovan, replaced distributor, timing needs work, was running great, cheap if you fix, Chuck, 459-2346.

1991 Volvo 240, 4-door, A/T, A/C, clean, \$1800/BO; 1997 Honda Civic EX, 5-speed, 2-door, A/C, red, 107K miles, clean, \$4700, 631-3740.

1991 Nissan Stanza, needs timing chain, good tires, good A/T, nice body, good interior, \$450/BO, 749-9039.

1992 Geo Tracker, 4x4, 5-speed, A/C, soft top, \$1100/BO, Kevin, 863-0971.

1992 Jeep Cherokee Sport, 183K miles, runs good, good on gas, V6, AM/FM/cassette/CD, \$2300/BO, 268-2776.

1992 Geo Storm GSI, new axles, timing belt, water pump, and radiator, cold A/C, runs great, \$1500, 407-739-9472.

1992 Ford Aerostar extended van, runs well, A/T, A/C, good body, \$1200, 321-632-9229.

1994 Dodge Caravan Sport, V6, P/L, P/W, keyless entry, 2 built in child safety seats, new tires, body fair, runs good, \$1650/BO, 636-5880.

1995 Mazda 626, 4-door, 5-speed, 4cyl, A/C, P/W/L, CD/AM/FM, moon/sun roof, 149K miles, runs good, \$1200, Jim, 269-2398.

1995 Saturn SL1, 4 door, needs work, \$500/BO, 480-1861.

1995 Honda Accord EX coupe, 5-speed, A/C, AM/FM/CD, 1 owner, 225K miles, well maintained, good condition, \$2200, Jim, 321-383-5417.

1995 Lincoln Signature Towncar, white, airbag, ABS, A/C, P/S, C/C, tilt, leather seats, P/seats, P/W, 125K miles, \$3000/BO, 544-6834.

1995 Oldsmobile Ninety Eight Regency Elite, champagne, leather, 75K miles, runs great, \$2500/BO, Louie, 269-9454.

1996 F150, 5.0 V8, A/T, A/C, P/S, P/B, CD, new battery/Serpentine belt, good condition, \$5000, 636-5732.

1996 Oldsmobile Aurora, 4.0L, V8, very clean, well maintained, 65K miles, fully loaded, \$6200/BO, 321-302-8890.

1996 Nissan 240SX, 210K miles, A/T, A/C, P/W/L, CD/AM/FM, runs great, slight body damage, \$2000/BO, Vincent, 633-3240. 1996 Nissan Quest van, seats 7, 4 buckets, 1 bench, 6 cyl, 20-25 mpg, excellent mechanical condition, \$2800/BO, 383-7575, after 5:00 pm.

1997 Coachman Clipper pop-up camper, 12', sleeps 6, A/C & heater, 3-way refrigerator, indoor/outdoor stove, excellent condition, \$4200/BO, 321-433-0339.

1997 Dodge 1500 pickup, V8, new tires/shocks/ball joints, headers, good condition, \$6000/BO, 868-3498.

1998 Chevy S10 pickup, 4cyl, 5-speed, A/C, alloy wheels, new tires, good condition, \$2600/BO, 407-443-0588/321-213-6957.

1998 Lincoln Towncar, white exterior, tan leather interior, loaded, great condition, no known mechanical problems, \$5600/BO, Todd, 403-0686.

1998 Ford Coachman 29' Class C motorhome, V10, 25K miles, queen bed, shower/bathroom, slideout, \$36,000/firm, Bill, 258-0644.

1998 Cadillac STS sedan, V8, leather seats, power sunroof, Bose stereo, lots of extras, \$9000, Bill, 633-6743.

1999 Honda Civic DX, 2-door, 5-speed, new cold A/C, CD/radio, silver, 107K miles, good condition, \$4500, 321-773-5477.

1999 Jeep Cherokee, P/W/L, C/C, high miles, \$3500/BO, 446-0475.

2000 Dodge Grand Caravan SE, 86K miles, P/W, P/S, dual A/C, flexfuel, silver/grey, \$6500, 385-0002.

2000 Toyota Sienna, 97K miles, blue/gray cloth interior, 3L V6, A/T, running boards, roof rack, tow pkg, privacy tint, excellent condition, \$9600/BO, 321-752-0543.

2000 Olds Silhouette van, V6, 84.5K miles, power everything, quad seating, 7 passenger, silver, \$8000, Charles, 749-4293.

2000 Mercedes Benz E 320, loaded, in great condition, 427-7282.

## **AUTOMOBILES AND RV'S FOR SALE** (Continued)

2002 Chevrolet Monte Carlo SS, every available option, like new, 9K miles, non-smoker, garage kept, \$19,500, Bill, 268-3709.

2002 Mitsubishi Montero SUV, 4x4 black, 86K miles, sunroof, P/W/L, minor front bumper damage, \$10,000/firm, 298-4553.

2002 Dodge Ram 1500 quad cab pickup, V8, 4wd, A/T, bedliner, toolbox, white, new tires, \$14,500/BO, Patronsky, 799-2744/302-0439.

2003 Kia Sedona EX van, 31K miles, all power, C/C, cassett/CD/DVD theater system, factory warranty, \$11,000, 446-8696.

2003 Century 24 5th wheel camper/RV w/1999 Ram 1500 V8 Magnum Laramy SLT, \$28,500, Ken, 267-7299.

2003 Toyota Echo, 4cyl, 4-door, 38-42mpg, silver, A/T, A/C, excellent condition, dealership maintained, 90K miles, book \$6725, asking \$6000/firm, 639-3837.

2004 Mustang GT, 40th Anniversary Edition, excellent condition, 33K miles, convertible, \$18,500, Horton, 633-3121/795-9413.

2004 Chevy Impala, 14K miles, 3.8L V6, loaded, A/C, P/S, P/B, P/W/L, leather, XM radio, \$14,500, 321-917-6258.

2005 Toyota Tacoma Prerunner, extra cab, V6, 6-speed, silver, 7K miles, loaded, \$20,000, James, 321-403-7803.

2005 Chrysler 300, V6, leather, warranty, new condition, \$22,000/BO, 321-426-6069.

## HOUSEHOLD FURNISHINGS FOR SALE

Full-sized water bed, mattress less than a year old, Dan/Lynn, 433-1604.

5pc sectional: sleeper sofa, oversized recliner, love seat w/recliner & 2 tables, \$700/BO, cre8ivnails@cfl.rr.com for pics, 795-4006.

Cherry dining room set: 68" long, 42" wide, 92" long w/2 leaves, intricate details, 6 chairs, white cushioned seats, 2 w/arms, \$1000/BO, 722-0007.

Computer desk on wheels, like new, shelves for media, tower and miscellaneous, sliding keyboard tray, \$30, 508-9509.

Computer desk armoire, 72" tall, 41.5" wide 23" deep, w/keys & light, \$125; oak table w/4 chairs, 7' w/2 1' leafs, 42" wide, \$150, jorend@aol.com, 504-3322.

Sofa, loveseat, medium brown, great condition, can deliver, \$180; mahogany Queen Anne end tab and cocktail table, good condition, \$80, Brian, 267-2332.

Wrought iron table w/4 chairs, hammered glass top, needs to be refinished, \$75, 321-631-4732.

King wall bed, armoire, chest, \$500/BO; Broyhill couch, 2 Lane recliners, end table, gold chair, BO, 633-5532.

Computer Desk, solid white oak, bought new for \$1200 @ Indian River Furniture, sell \$500, 298-6334.

Solid wood bunk bed, T-style, 6 drawers w/bookshelf one side, 3 drawer desk on other side, no mattresses, \$300/BO, Becky, 459-9840.

Futon couch/bed, w/curved wood sides that open for storage w/book rack below, great condition, mattress included, \$40, Karen, 298-4940.

Dresser, 7-drawer w/mirror, \$80; coffee table, 2 side tables, \$80/all, nice maple, pix at www.geocities.com/trangler, 504-9641.

Trundle bed, 32" wide, excellent condition, \$125; solid oak round table & 4 captain's chairs, \$125, 453-8443.

French country kitchen table, 42" x 60", white base, pecan finish top, w/leaf, 18" x 60", opens to 60" x 60", \$150, 453-5345.

5' long wood display cabinet w/glass top, front, and shelves, \$200, 386-345-2045.

Cherry wood dining table, 72x37, 1 leaf, \$85, 407-568-5449.

72"x42" beveled glass table, beige, mauve and green, pedestal base, matching sofa table, 2 end tables, upholstered chairs, \$300, 321-453-7250.

Antique headboard, \$75; white wrought iron daybed, \$100; oval coffee table, oak, \$75; large computer desk, medium oak finish, \$100, Leslie, 267-4253.

Chaise lounge, white fabric, good condition, \$80, 514-8156.

Sealy Posturepedic twin mattress set w/frame, never used, delivery possible, \$225, Clary, 454-2365.

Child's Jenny Lind rocker, \$25; rattan swivel rocker & end table, \$95/ both, 268-4766.

Dining room table w/6 chairs, includes 3 leafs and table covers, \$175, 269-5767.

2 Chest of drawers, \$30/\$45, 454-7770.

Twin bed mattress, box, frame and wheels, \$50, 321-223-2573.

Glass top dining room table w/off white square base & 2 chairs, \$75/BO, 639-3583.

Chair and ottoman, tan, like new, can email picture, \$100/BO, 446-9289.

Sectional sofa, large, excellent condition, like new, \$700/BO, 321-652-5789.

lvory stone dining table, 4 ivory parsons chairs, ivory stone cocktail table, couch table and end table, together or separate, \$500/all, 482-5490.

Entertainment center, Armoire style, fits 35" TV, enclosed space for stereo below TV shelf, excellent condition, \$500/BO, 321-728-4892.

Off-white flowered loveseat, \$50, 264-9698.

## **APPLIANCES FOR SALE**

Maytag heavy duty washer, runs great, \$45, 269-2301.

Kenmore gas range, excellent condition, \$115; small microwave, excellent condition, \$40, 453-8443.

Sears Kenmore dryer, \$25, 264-9698.

KitchenAid refrigerator, stainless steel, 21.5cf, filtered water, ice maker, slide out glass shelves, can rack, gallon storage, \$750/BO, Clark, 243-1799.

## **MOTORCYCLES/ATV's & EQUIPMENT FOR SALE**

1971 Honda CT70, red, runs good, looks good, good lights, good tires, new seat cover, \$850/BO, 749-9039.

1980 Honda Goldwing 1100, black, Vetter Fairing, 45K miles, runs great, new fork seals, tires in great condition, new carburetor, \$1500, 453-6237.

1984 Honda Intercepter, runs great, \$1200/BO, 543-3746.

1985 Honda Elite CH80 scooter, 1100 miles, \$250, 321-223-2573.

1986 Honda Shadow VT700C, runs & looks good, 52mpg, \$1700; 1973 Honda CB750 for parts only, \$100, Allen, 636-0837.

1989 Suzuki Katana 1100, red, 36mm GSXR carbs, dealer rebuilt, good tires/chain/paint, original owner, 40K miles, \$2200, 459 0798.

1991 Harley-Davidson, 22K miles, 1 owner, original, like new, \$10,500, Bill, 383-1683.

1998 Harley-Davidson Sportster 1200 custom, bags, windshield, Screamin Eagle pipes, \$6200, 480-1861.

1998 Kawasaki Bayou 400 4x4, well maintained, low hours, \$2200/BO; 2001 Polaris Scrambler, 90cc, good shape, \$900/BO, Ray, 321-254-2803.

1999 1200XLH Sportster, silver/blue, Screamin Eagle air and pipes, original owner, 22K miles, extras, excellent condition, \$6900, 639-6427.

2000 Honda Shadow Spirit, \$4000, 631-8740/446-5387.

2001 Yamaha YZ 80, dirt bike, runs great, \$900, 321-383-2298.

2002 Kawasaki Ninja ZX12R, 5K miles, showroom condition, must see to appreciate, \$8300, 302-4347.

2003 Honda CFR, 50cc, w/training wheels, new in 2004, excellent condition, \$1000/BO, 321-302-8574.

2003 Harley Police Road King, FLHRPI, 11,600 miles, \$14,500/BO, Scott, 633-7286.

2003 Triumph Bonneville T100, 790cc, royal blue/white, all stock, 1500 miles, \$5800/BO, 446-0475.

2004 Kawasaki Vulcan Nomad FI, 1500cc, excellent condition, garage kept, 3800 miles, below blue book, Greg, 956-2262.

2004 Honda VTX 1800R SPEC-3, V&H pipe, windshield, fresh Avon F&R tires, saddle bags w/ghost brackets, lots of chrome and extras, Chris, \$9500, 794-5094.

2004 Polaris 600 4x4, 700 miles, good condition, \$5000, 537-7877.

2004 CR250R, almost no hours, looks and runs like new, two stroke, nice bike, \$3100/BO, 633-7585.

2005 Yamaha 650 V-Star custom, 1800 miles, white, excellent condition, \$4875, 784-6193.

2005 Kawasaki Brute Force 650 twin V 4x4 ATV, digital display, low hours, one year warranty, great condition, \$7900, 321-639-1351.

2006 Kawasaki KX250, all factory, 2-stroke, less than 3 hours, brand new, paid \$7200, sell \$6200/BO, 321-302-8097.

Honda 250cc Helix, red, 70mpg, 75mph, 10K miles, excellent condition, \$2500/BO; Honda 250cc Elite, 70mpg, excellent condition, \$1500/BO, 268-9593.



## MOTORCYCLES/ATV's & EQUIPMENT FOR SALE (Continued)

Honda, 300EX and Yamaha 350 Warrior, both excellent shape, garage kept, w/6x12 trailer, will separate, \$4600, 269-1616.

Go-Cart, 150cc, 2 seater, electric start, disc brakes, lights, CVT, new condition, \$1000/BO, 639-2536.

Stainless steel Go-Cart, needs TLC, \$300/BO, 321-267-3505, leave message.

Mens black leather motorcycle jacket, good-excellent shape, size 42, can email pics, \$60, 321-537-6240.

Motorcycle seat, Corbin Gunfighter and Lady, black, flame stitch pattern, 2 passenger seat w/backrest, fits Harley-Davidson Softail, \$275/BO, 480-2093.

Harley-Davidson Screaming Eagle II exhaust pipes for 1999-2005 Softail, \$250, 407-739-9472.

Motorcycle rail trailer, one or two motorcycles, all galavanized and painted, spare tire, \$400; Craftsman motorcycle lift, like new, \$50, 268-2052.

Womens motorcycle boots, 2 pair, zippered sides, size 7; Mens motorcycle boots, 2 pair, size 10, excellent conditon, \$40/each, 868-3498.

## **BOATS & EQUIPMENT FOR SALE**

12' aluminum V-hull Jon boat, rated for 10hp, good condition, no trailer, \$200, 266-6963.

16' 1979 Glastron bowrider, galvanized Magic Tilt trailer, 1980's 90 Mercury, 2003 power head, \$500/firm, 446-0035.

20' Mako center console, 1999 Mercury E.F.I., 150 hp, aluminum dual axel trailer, many extras, \$9800, 427-2467.

20.5' Wellcraft Deep V Cuddy w/200 Johnson outboard, trailer, outriggers, fishfinder & extras included, \$4400/BO, 453-1245.

28' Adventure Craft house boat, 1998 Honda four stroke engine, excellent condition, \$30,500, 386-345-4188.

1986 Bayliner Capri, 1950 Bowrider I/O, runs good, \$2300/BO, 321-917-6258.

1987 Searay 268 Sundancer, new twin 4.3L 190hp Mercury ODs, warranty, new camper/cockpit canvas, new parts, needs interior work, \$15,000/BO, 407-365-7262.

1989 Pearson P-27 sailboat, universal diesel M2-12, depth, speed, wind, GPS, A/pilot, new wireless ram mic VHF, roller furling, \$21,900, Greg, 693-7258.

1993 Pontoon boat, low hours, .55hp, 452-1816.

1993 Tracker Tournament, V17 motor has not been run in 2 years, boat & trailer very clean, lots of extras, \$3000/firm, Scott, 633-7286.

1994 Mako 195 dual console, '02 Mercury SW Optmx, 150hp, warranty 03/07, trailer w/brakes, several accessories, excellent upkeep, \$12, 900, 321-459-2949.

2006 Seafox 230 Walk Around, 3 mos old, 150hp, cabin cruiser w/upgrades, GPS, TV, CD, potty, stove, sink, trailer, \$34,000/BO, Divina, 321-544-1771.

1990 Evinrude outboard motor, 225hp, 25" shaft, runs good, \$1200, 633-0350.

1969 Mercury outboard, 20hp tiller, runs good, good compression, lower unit works well but needs seals, \$250 ,Theo, 321-961-9930.

Minn Kota trolling motor, Maxim 65lb thrust, 24 volt bow mount foot control, fresh water w/sonar transducer, excellent condition, \$200, Ed, 302-2383.

Stainless steel boat propeller, \$100, 750-4901.

## MUSICAL INSTRUMENTS & ELECTRONIC EQUIPMENT FOR SALE

Piano, Shaffer upright, excellent condition, make appointment to see, \$1200, Debbie, 267-9706.

VCR/ TV for vehicle, headphone jacks and remote, 9" screen, \$75, 454-9417.

KDS 19" computer monitor, approximately 4 years old, good working condition, \$75/BO, Jim, 321-452-8874/321-543-1120.

Electric guitar, Fender Squire 51, honey blonde, maple neck, single-coil strat pickup, neck, Humbucker pickup, bridge, new, w/gig bag, \$175, 698-0027.

HP deskjet 5440 photo printer, new, \$69; HP printer, copier, scanner 1350 series, disk & instructions included, \$45; Logictech cordless mouse, \$25, 501-0528.

7 week old Yamaha HTR-5840 digital home 6.1 channel receiver, paid \$300, sell \$250/BO, 321-633-5243.

Lowrey Magic Genie organ, good condition, nice, \$250; movie camera, JVC GR-C1U, VHS-C format, used once, \$100, Bob, 459-2147.

Panasonic 52" wide screen projection TV, model PT56WX3G, \$1000/BO, 453-6254, after 4:00 pm.

Violin, full w/case, great condition, \$300/BO, 407-761-2758.

17" Dell CRT \$15; JVC turntable \$15; over 150 albums and 45's, BO, 631-9667.

TI-83 Plus Graphing Calculator w/helpful TI-83 for Dummies instruction book, like new condition, retail price over \$110, \$75/BO, 321-636-0969.

Car stereo amps: Kicker competition 1200 watt, \$400; MTX Blue Thunder 300 watt, \$250; Boston Acustic 12 in box, \$200, \$700/all, 863-0572.

5 piece drum set w/extra items, excellent condition, \$400, 321-298-3786.

Apple computer w/games, \$50, 264-9698.

## **MISCELLANEOUS FOR SALE**

Combi stroller, Graco's Travel System stroller, Deluxe Exersaucer, baby swing, all like new, 632-7401.

Craftsman LT1000 42" riding lawn mower, 3 years old, runs great, needs battery, \$200, Dan/Lynn, 433-1604.

Converter, 12VDC/120AC, \$25, Bill, 267-3505, leave message.

Topeak child bicycle seat, quick-mount attachments, safety bar, and harness, \$119 new, sell \$70/BO, 321-298-6609.

Pfaltzgraff Yorktowne 40pc dinnerware set, \$159; entire 143pc collection, \$450, original cost \$1600; 103 matching pieces are individually priced, 459-1713.

Palm trees: Canaries, Pindos, Queens, Reclinatas, pickup or delivery available, Canaveral Groves, 321-794-5813.

Nordic Track portable stepper w/step counter and timer, \$50, 454-9417.

Fiberglass topper from Z71 truck, \$125, 321-243-6920.

Surfboard, 6'3", Bat, very good condition, \$150; Freestyle Watch, Corey Lopez, \$40; Little Tykes desk w/chair, \$40, Jorend@aol.com, 504-3322.

Exercise machine, HealthRyder by Life Styler, excellent condition, \$30, Kendrick, 639-7022.

Metal roofing, 5V crimp, 26" wide, various lengths to 18', approximately 450 lineal feet, some trim pieces, cost \$750+ new, sell \$550/all, 631-8924.

18" 4-lug chrome Helo Diamond wheels w/new Kumho tires, \$925/BO, Lance, 302-5425.

Multiple Rescue Heroes toys and figures, Rescue Heroe Command Center and Aircraft Carrier included, \$50/BO, 407-227-3226.

Torche lamp, 3 glass shelves, \$15; Coleman stove, \$10; 2 cast iron dutch ovens, \$5/each; window blind, \$5, Dick, 269-4129.

28" Snapper riding mower, 12hp Briggs and Stratton engine, many new parts, runs great, \$200, 501-8329. Wedding gown, size 10-12, white, sleeveless, detach. train, can email pictures, \$200/BO, Jen, 302-8229.

1998-2003 Ford nerf bars, 1 set, new \$125; 1998-2003 Ford nerf bars, 1 set used, \$50, Frank, 383-4632.

Crib mattress, Sealy Baby Soft Ultra, barely used, \$25; bassinet, Graco 3 in 1 convertible, tan w/teddy bear print, \$75, 321-631-4732.

Hallmark collectables, Christmas ornaments, as well as other seasonal ornaments, in original boxes, many to choose from, some motion ornaments, 543-3032. Aquarium supplies; small tanks, covers, rocks and gravel, BO, 453-2039.

Snap-On toolboxes, 5'7" tall, good condition, \$500/BO; GM truck wheels/tires, 15" Dunlop beauty rings/centers, \$100; full foam mattress, \$75, 453-5345.

Skis, Fisher 180cm, Tyrolia bindings, men's Nordica boots 10M, \$100; golf clubs w/pull cart, \$35; water ski, \$10; Dunlop Axiom tire, P205/75/R15, \$20, Bob, 459-2147. STA-Rite PLM-100 pool filter. \$100, 452-2857.

King size mattress, excellent condition, \$75, 321-536-0161.

2005 EB EXPY wheel/tire takeoffs, 265x70/17 w/25 miles, wheels and tires are broken down separately, if interested, 759-3962.

Set of 4 17x9 Bullit rims, great condition, 255/17R40 tires included, not many miles left on them, Mark, \$350, 514-2264.

Stork Craft baby crib, excellent condition, white w/arched head/base boards, \$150, 453-2065.

Country bathroom decor: curtains, shelves, corner shelf, 268-4766.

1995 Ford Taurus parts, 1995 Jeep Cherokee parts, no drive train, 452-2466.

Medela breast pump, single, nearly brand new, \$40/BO, 698-6968.

## **MISCELLANEOUS FOR SALE** (Continued)

Children's pool table, \$25; Singer sewing machine, hard cover, \$25; Disney Town Square playhouse set, \$25, 454-7770.

Bowflex XTL home gym exercise machine, folds to compact size, \$450, 749-8772.

Tanita body fat monitor/scale, model TBF-622, excellent condition, \$30, 799-1474.

1970 original highrise 340 intake, \$100; 9" Ford chunk, \$65; complete Dana 60 rear, 8 lug, \$150, Dennis, 453-1880.

22" 14-carat gold necklace, 109 grams, new, \$3300/BO, 321-698-5982.

Trampoline parts, frame and 2 mats, 321-302-6383.

Locking fiberglass tonneau bed cover, fits '01 Dodge Dakota quad cab, red, can email pic, amccullough3@cfl.rr.com, \$250, Adam, 321-749-8385.

Lawnmower, Craftsman, 6.5hp, self-propelled, rear bag, good condition, new \$299, sell \$75, 321-759-8190.

Girls 20" blue Schwinn bike, \$20; Tiffany type hanging light, blues & whites, can email pics, \$20/BO, 223-2192.

Men's & woman's 26" single speed cruiser style bicycles, very good shape, some surface rust, \$25/each, Kent, 386-690-1692.

Jen Air grill w/cabinet, excellent shape, \$200, 453-4893.

Craftsman edger, 2.5hp, push type, \$125/BO, Scott, 302-8596.

Igloo doghouse, large, \$40; air hockey table, \$50; vacuum cleaner, Bissel, 12 amp, \$25; Nascar slot car track, \$49, 264-9698.

Mens Tony Lama cowboy boots, Size 10, tan color, good conditon, \$50, 868-3498.

4 new Pirelli tires, 265/70 R17, \$200 Ken 267-7299.

## **MISCELLANEOUS WANTED**

Portable basketball hoop, reasonable, can pick up, 453-0835.

Rear bumper for '85 to '95 Nissan pickup, chrome preferred, Richard, 407-898-0940.

8x8x16 concrete block, cement mixer, gravel, sand, 321-960-2545.

Aluminum trailer w/single torsion axle for 19' flats boat; Zero degree rod holder w/cover, in great shape, reasonable, 383-1648.

Weight lifting bench, any condition, Phil, 268-4750.

Power pruner attachment for Echo, the tree trimming attachment, Mickey, 269-9251.

Ski bibs in good condition, ladies size small, 455-9755.

PVC pipe, CAT5 wiring, fence material, railroad ties, William, 383-3360.

Small/mid size ugly work truck, good running condition, Noah 454-9461.

Honda Rebel motorcycle, 242-7268.

Enclosed utility trailer, 6x6x12, good condition, reasonable price, 455-6668.

Used recliner chair in good condition; used ATV or dirt bike, in need of repair OK, 271-5973.

1988-1991 Honda CRX or parts, Steve, 407-365-9880.

Shortbed topper for pick-up, black or garnet red, good shape only, 453-5184.

Twin Captains bed in good condition, for boys room, 321-268-9484, leave a message.

Flat Screen/thin panel computer monitor, 407-719-9290.

